

Physical Education



Exam board & Specification

AQA GCSE in Physical Education (8582)

<http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>

Summary of Course Content:

The course is broken down into two sections, **practical and written exam**.

The **written exam** is based on PE theory and is **worth 60% of the final GCSE grade**

The **practical unit** is worth **40% of the final GCSE grade**

Students will be assessed both practically and theoretically on a half termly basis in the lead up to the GCSE examination.

Subject Content:

- | | | |
|----------------------------------|---------------------|----------------------------------|
| - Applied Anatomy and Physiology | - Physical Training | - Socio-cultural Influences |
| - Movement Analysis | - Use of Data | - Health, Fitness and Well-Being |
| | - Sports Psychology | |

Exam/Assessment Details

Paper One – The human body and movement in physical activity and sport

Written exam: 1 hour 15 minutes

78 Marks

30% of GCSE

A mixture of multiple choice, short answer questions and extended answer questions

Paper Two – Socio-Cultural influences and well-being in physical activity and sport

Written exam: 1 hour 15 minutes

78 Marks

30% of GCSE

A mixture of multiple choice, short answer questions and extended answer questions

Non-Exam assessment - Assessed by teachers (Moderated by AQA)

Practical Performance in Physical Activity and Sport

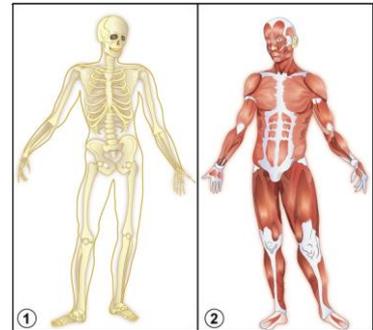
100 Marks (75 Marks Practical Performance & 25 Marks Analysis and Evaluation of Performance)

40% of GCSE

Chapters Covered:

1. Applied Anatomy and Physiology:

- The structure and functions of the skeleton
- The structure and function of the muscular system
- The structure and function of the cardio-respiratory system
- Aerobic and anaerobic exercise
- The effects of exercise



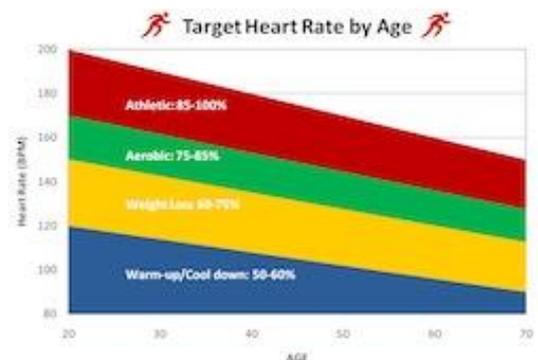
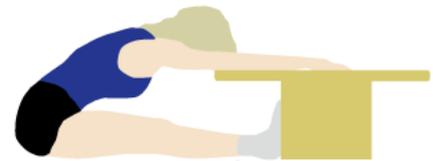
2. Movement Analysis:

- Types of levers
- Basic movements
- Planes of movement and axes of rotation



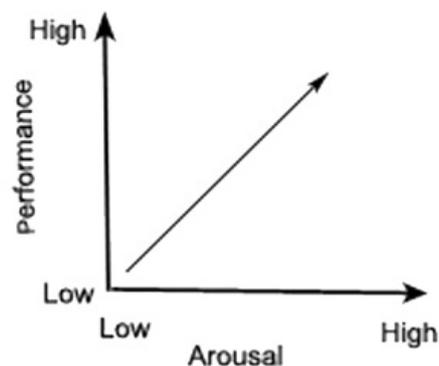
3. Physical Training:

- Health and fitness
- The components of fitness
- Fitness testing
- Measuring agility: The Illinois Agility Test
- Measuring balance: The Stork Balance Test
- Measuring Cardiovascular endurance: The Multi-Stage Fitness Test
- Measuring Co-ordination: The Ball Toss Test
- Measuring Flexibility: The Sit and Reach Test
- Measuring Muscular Endurance: The Sit up Bleed Test
- Measuring Power and Explosive Strength: The Vertical Jump Test
- Measuring Reaction Time: The Ruler Drop Test
- Measuring Maximal Strength: The One Rep Max Test
- Measuring Speed: The 30 Metre Sprint Test
- Measuring Strength: The Handgrip Dynamometer Test
- The principles of training
- Training thresholds
- Types of training
- Preventing injury
- Training seasons
- Warming up and cooling down



4. Sports Psychology:

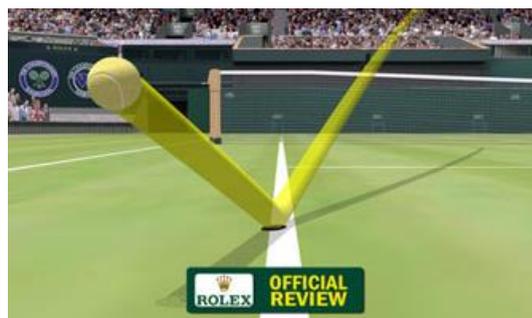
- Skill and ability
- Goals and targets
- Information processing
- Guidance and feedback on performance
- Arousal
- Aggression
- Personality types



- Motivation

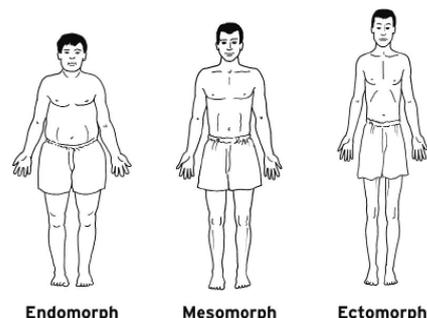
5. Socio-Cultural Influences:

- Social groups and factors affecting participation
- The commercialisation of physical activity and sport
- The impact of technology on physical activity and sport
- Ethical conduct by performers
- Spectator behaviour



6. Health, fitness and well-being:

- Physical, emotional and social health and well-being and fitness
- The consequences of a sedentary lifestyle
- Somatotypes
- Energy use
- A balanced diet
- Maintaining water balance



Practical Performance: The list of activities below is a full and complete list of all available activities. Students must be assessed in three different activities in the role of player/performer, one of these must be a team sport/activity and one must be an individual sport/activity. The third activity may come from either list.

Team Activity	Comments
Association football	Cannot be five-a-side or futsal
Badminton	Cannot be assessed with singles
Basketball	
Camogie	Cannot be assessed with hurling
Cricket	
Dance	This can only be used for one activity
Gaelic football	
Handball	
Hockey	Must be field hockey, not ice hockey or roller hockey
Hurling	Cannot be assessed with camogie
Lacrosse	
Netball	

Individual Activity	Comments
Sculling	Cannot be assessed with rowing, canoeing or kayaking
Skiing	Outdoor/indoor on snow; cannot be assessed with snowboarding. Must not be dry slopes
Snowboarding	
Squash	Cannot be assessed with doubles
Swimming	Not synchronised swimming
Table tennis	Cannot be assessed with doubles
Tennis	Cannot be assessed with doubles
Trampolining	
Specialist activity	
Boccia	
Polybat	

Individual Activity	Comments
Amateur boxing	
Athletics	
Badminton	Cannot be assessed with doubles
Canoeing	Cannot be assessed with kayaking, rowing or sculling
Cycling	Track or road cycling only
Dance	This can only be used for one activity
Diving	Platform diving
Golf	
Gymnastics	Floor routines and apparatus only
Equestrian	
Kayaking	Cannot be assessed with canoeing, rowing or sculling
Rock climbing	Can be indoor or outdoor
Rowing	Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity

Team Activity	Comments
Rowing	Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity
Rugby league	Cannot be assessed with rugby union or rugby sevens – cannot be tag rugby
Rugby union	Can be assessed as sevens or fifteen a side. Cannot be assessed with rugby league, cannot be tag rugby. This can only be used for one activity
Squash	Cannot be assessed with singles
Table tennis	Cannot be assessed with singles
Tennis	Cannot be assessed with singles
Volleyball	
Specialist activity	
Blind cricket	
Goal ball	
Powerchair football	
Table cricket	
Wheelchair basketball	
Wheelchair rugby	